

# YOGIC TECHNIQUES

Dr. Manohar L. Gharote



2006

**The Lonavla Yoga Institute (India)**

**Lonavla - 410 401**

# Contents

|   | PAGE |
|---|------|
| <i>Dedication</i>   | iii  |
| <i>Publisher's Note ...</i>   | vii  |
| <i>Preface</i>  | viii |
| <br>  |      |
| Chapter 1   |      |
| Yoga in its Historical Perspective  | 1    |
| Chapter 2   |      |
| Yoga and Philosophy   | 15   |
| Chapter 3   |      |
| Āsanas: A Perspective   | 20   |
| Chapter 4   |      |
| Śodhana Kriyās  | 52   |
| Chapter 5   |      |
| Prāṇāyāma   | 71   |
| Chapter 6   |      |
| Mudrās and Bandhas  | 90   |
| Chapter 7   |      |
| Nādānusandhāna ...  | 99   |
| Chapter 8   |      |
| Pathyāpathya Vicāra or Indications and<br>Contra-Indications of Yogic Practices | 105  |
| <br>  |      |
| INDEX OF YOGIC TEXTS  | 118  |
| INDEX (General)   | 120  |